



NUTRITION EDUCATION TEAM RECIPE CARDS

THREE SISTERS SOUP



SERVING SIZE
8 cups

INGREDIENTS



1 ½
tablespoons
vegetable
oil



¾ cup
diced
carrot



1 cup
chopped
onion



4 cloves garlic,
minced or
1 teaspoon
garlic powder



2 cups diced
squash
(summer or
winter, fresh
or frozen)



1 ½ cups
corn (fresh or
frozen) or a
15-ounce can
(drained and
rinsed)



1 ½ cups
cooked beans
(any type) or
a 15-ounce
can (drained
and rinsed)



1 can
(15 ounces)
diced
tomatoes,
or 2 cups
diced fresh



3 ½ cups
low-sodium
broth
(any type)



1 teaspoon
cumin



¼ teaspoon
pepper

EQUIPMENT:

- Measuring cups
- Cutting board
- Measuring spoons
- Knife
- Liquid measuring cup
- Large pot
- Mixing spoon

FUN FACT, NOTES, HEALTH BENEFITS:

- Change the vegetables and beans based on what you have on hand.
- Instead of cumin, try 2 to 3 teaspoons of Italian seasoning or 1 Tablespoon of curry powder.
- Zucchini is referred to as a vegetable, but it is an actually a fruit. They range in color from dark emerald green to a yellowish shade and are rich in fiber which is great for digestion.



1 GATHER

Gather ingredients.



2 SAUTÉ

Heat oil in a large pot on medium heat. Add carrot and onion and cook until onions begin to turn a little brown, about 8-10 minutes.



3 MIX INGREDIENTS

Add garlic, squash, and corn and continue to stir for another 3-4 minutes.



4 MIX INGREDIENTS

Add beans, tomatoes, broth, cumin, and pepper.



5 BOIL

Allow soup to come to a boil. Turn heat down and simmer until all vegetables are tender to taste, about 15-30 minutes.



6 SERVE & ENJOY

Serve & enjoy! Refrigerate leftovers within 2 hours.